Week One - Development

There is no right or wrong when it comes to your development, however commitment, consistency and practice will take you far.

Sit with your own Spirit - DAILY if you can.

This will help you to recognise your own energy, your own spirit and further down the line will set you up to recognise the energy of Spirit other than your own.

Set an Intention

What do you hope to get out of the next six weeks?

Is your intention to be a Medium?

Are you hoping to use your newfound skills professionally or for personal growth and development?

Setting an intention to why you are doing this work will set you up for success and will remind you why you are doing it.

Sitting With your Own Spirit

1. Get nice and comfortable and begin to focus on the breath.
2. Become aware of the space at the centre of your chest, your heart space, the seat of your Soul. Begin to feel the energy that resides there.
3. This is your own Spirit, your Soul, the essence of you.
4. Think about how it feels - is it gentle and calm? Warm? Tingly? Do you feel a pressure? A glow? Coolness? Everyone's Spirit will feel different. There is no right or wrong.
5. Do this exercise for approx 10 minutes per day, you may wish to record your experience each day.

My Spirit Feels.....

Messages from my Spirit.....